

# BRIDGES

## IN THE CITY:

Pooh Corner a blank page for imagination **P. 10**

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Helping families bond through infant massage **P. 12**

## WINE WORLD:

Reassuring words for wine lovers **P. 19**

THURSDAY, MAY 22, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

## THE POWER OF FLOUR

LAURA RIFFEL AND HER BAKERY ARE MAKING YOUNG PEOPLE BETTER BY THE DOZEN



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#### # PARENT TO PARENT

Each week *Bridges*, in connection with *SaskatoonMoms.com*, gathers advice from parents to share with other moms and dads. This week we asked:

*Did you take a "babymoon" before giving birth to your first child?*



"I took a trip for 12 days to the Bahamas right before we adopted our son. I wish I would have relaxed a little bit more, but all I could think about was how much stuff I needed to do and what I had to prepare before the arrival of our baby. Thinking back, I'm glad I just panicked right before because everything is a breeze, now I would give anything to go back! I think it's a wonderful idea if you are anyone at home first as you can really relax."

— Jade Uschman

"Sort of... we took a lot of gear camping, hung out with friends, and, unlike in life, have been and snowed out of... before we started trying for our first. When pregnant with our second, we took a trip to Cuba to have our last time with [just] the three of us!"

— Allen Devereaux

"Have heard of this, but only because of reading forums that cater to people trying to conceive."

— Whitney Leigh Stevens

"Yes. (We) just took one in February before the second (baby) son!"

— Whitney Leigh Stevens

"Never heard of this." — John Agnew

"I've just heard of push-ups, now that!"

— via Twitter @SaskatoonCric

"Does a weekend even last the two of us going to Edmonton during KSA run before our second child came? It felt quite business." — Nicole Chorney

"Yeah, I did all of those prenatal breathers!"

— via Twitter @Beyoncé

"We planned and went on a trip to Mexico before starting our family. It was nice to get away once, last time before our first baby arrived, although I wish I really would have appreciated that it was the last trip by the pool and/or river!"

— Janette Hendrix

"We did not take a babymoon and she thought we were really losing my mind because at the time we had no idea what we were in for. On the other hand we were ready for a vacation after the first year!"

— Heidi Melling

"Yeah! No! I was 15 and going to school. No break for the young and foolish!"

— Chris Corbett

"No pre-baby vacations for us, I think it's the last minute business. I've never seen a more holiday would have been good!"

— Ben Leske

"No I didn't, but I would have known leaving my mother's house after that day I really would have!"

— Doreen Miller

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Laura Riffel works with her student bakers Marlene Casuso and Justin Miquaux at The Three Sesters at New York's Bakery on 20th Street West. **BRIDGES PHOTO BY MICHELLE BERG**

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## # MY FAVOURITE PLACE PG. 10



Shelene (Sheldene) Wilson has been coming to Pooh Corner in the Prince Monahan Library since she was a child. She says it's the best place for children's programs in Canada. **BRIDGES PHOTO BY MICHELLE BERG**

## BRIDGES COVER PHOTO BY MICHELLE BERG

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# ON THE COVER

I see some of these students and they have no one. — *Laura Riffel*

# YOUTH DEVELOPMENT CORPORATION

## Lessons from the bakery of hard knocks



Laura Riffel was the first student to bring her baby to the Seaton-Gibson School. She now teaches middle-schoolers how to bake at The Three Sisters of Norcor Bakery. Above: Photo by Michelle Hill

By Jeff Davis

Bright and early every morning, students like Marvin Coppo report promptly for duty at The Three Sisters of Norcor Bakery.

The backroom is full of antique iron machinery, giant mixing ovens, and

thick red worn tables that have given shape to countless breads. The silent bakery in Riverside, the arena and strength of this place are rooted in a very real story.

It's a perfect place to target one's troubles, and focus on the task at hand, whether that be sugar cookies,

bread, pizza or pastries.

Born as the Little Pine First Nation, 30-year-old Coppo is the second eldest of a family of 11 children. He has dropped in and out of school over the years, unable to balance the stress of school and working to provide for his siblings.

"I had to keep dropping out to get a job, in the winter and I almost did it again but the teachers came through," he said. "They gave me a job, and I ended up powering through on both, so I don't have to drop out this year."

Coppo is a student of the Youth De-

velopment Corporation, a nonprofit that provides students with job training, work-based education, and career guidance. The school offers courses in carpentry, mechanics, and food service, and helps students get by with part-time work in their field.

The staff there, I never met people like them before. They actually help and they pay attention to you.

—Marving Cappa



Student baker Marving Cappa, 29, shows off his creative herb-burger cupcakes. PHOTOGRAPH BY MICHELLE KING

"The staff there, I never met people like them before," Cappa said. "They actually help and they pay attention to you, and remember some things you don't expect them to follow up on."

One of those teachers is Larene Huffel, whose own struggles gave her street cred that few can match with Sackleton's troubled youth. When she says she can empathize with their feelings of anger, helplessness, frustration and despair,

it rings true.

Shortly before her 14th birthday Huffel's world came crashing down.

Her parents had announced to the family they were breaking up, and the family home was being put up for sale. Later that fateful day, in a fit of confusion, anger and pain, she looked out at her preceptor, and some found herself a high school dropout.

Continued on Page 6

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I had a kind, caring, loving side. But for quite some time, the other side took over.

— Riffel



Lucas Riffel and student helper Marissa Calico. Riffel learned how to bake from her extended Ukrainian family. The bakery is a perfect place for release, healing and emotional safety. (Photo by Michael L. Smith)

Prior to angry outbursts due to family trauma due to ill health, difficult to reveal she drifted towards an increasingly risky lifestyle. After moving into a cheap River Heights apartment with her 18-year-old sister, she became pregnant in 1980.

"I had a kind, caring, loving side," she said. "But for quite some time, the other side took over."

Riffel said the birth of her son

Dylan, now a 19-year-old university student, gave her the motivation to fight back against the stereotypes, stigmas and abuse she faced as a single mom on her own. After becoming the first student to bring her baby to a Saskatoon Catholic school — scolding Dylan every minute he was in class during class — Riffel went on to earn two degrees from the University of Saskatchewan.

"My son really gave me the motivation to take care of things because I was not going to let him go through what I went through," she said. "I guess I always knew I was going to overcome whatever obstacle was in my way."

Riffel calls the understanding teachers and staff at Bishop Mahony her "savior graces." Riffel, baker and washing three jobs were not as

easy on the minds of typical high schoolers.

"There were days I was just so angry that the last thing I wanted to think about was getting down and dirty with these kids," she said.

Riffel now feels a need to give others that care and understanding. "I remember the labels I had: angry, messy, crazy, a bitch, at risk, troubled — all these kinds of things

she said. "When it boils down for me, I was a child, completely unaware and confused."

Riffel said she learned to take from her extended Ukrainian family. She finds the bakery is a perfect place for release, healing and emotional safety in the end she said, confronting histories of abuse and struggle is perhaps more important than that day's bread.

They're maybe just a little more withdrawn, you know, or sort of scared. But it doesn't take long to bring them out.

— Diane Pfefferle

"In a family home setting or a party, role-playings are built in the kitchen," she said. "It's amusing: whether it's making porridge, bread dough or a pie, what someone will just start talking about."

Most people picture strong gliding postures so violent, up grown or combustional. But the young people here are as much as hands with soft spoken voices and even softer handshakes. This overall attitude is a result of the severe-mild doubts and anxious kids fighting an uphill battle too. Baffled said.

"The fear of being poor, the fear of being not accepted, the fear of being judged, the fear of what other people think," she said. "There is no impact."

Baker Diane Pfefferle, who has worked at Mink's since the student program began, said

she's amazed at both the personal and professional realizations she's seen.

"They're maybe just a little more withdrawn, you know or sort of scared," she said with a shrug. "But it doesn't take long to bring them out."

"When they come in they don't have any idea what people do in a business and how things work," Pfefferle added. "To watch how they pick up on things and enjoy what they're doing, it's kind of nice."

Wearing a talent and red band, North American dance? look like your typical high school principal, but the Youth Development Corporation isn't your typical school. An accredited, independent high school, the YDC has 12 registered students.

Students, though American, read only 15 or 20 show up on a typical day. (Continued on Page 8)



Laura Rieff and her son Dylan



Student baker Austin Muecke makes cookies at Pease's Bakery. RIEFF'S PHOTO BY MICHELLE BING

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Faith

Dear Faith,

Did you know that there are lots of different kinds of gulls? In fact, the word "seagull" doesn't describe a species of bird at all. It's just a word used to describe any kind of gull. Gulls were nicknamed seagulls because they were usually seen near the ocean. In North America, there are 27 different species of gulls and some of these, such as the Ring-billed Gull and the Franklin's Gull, spend the spring and summer months in Saskatchewan. Saskatchewan is a great place for gulls to nest their families! Lakes provide safe nesting areas, and fields and shorelines make great buffers in which gulls can find insects, fish, and rodents, to eat. Gulls are kind of many kinds of food and will take the opportunity to eat anything that provides them and their young ones with nourishment. Believe it or not, in the mid 1900's the California Gull saved the day for the farmers of Utah by gobbling up millions of locusts that were threatening to eat the farmers' crops. The people of Utah were so grateful that they named the gull their state bird!

Send your questions to me at the address below then watch BIdges for the answers.

Your pal, Chip

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Meewasin

If they are going to become less attached to that world, and more attached to a healthy set of people and activities, you have to be able to provide them with some sort of income. — Keith Jerguson

Some students run as fast, others as slow, through it and one or two are actually in hiding from the local police, he said. Others just choose to stay home, with no parent on the phone to tell them to go to school. Or they just let the streets to make a quick buck.

Many of YDC's students have never held a legitimate job, Jerguson said, so the bakery can serve as a ticket out.

"If they are going to become less attached to that world, and more attached to a healthy set of people and activities, you have to be able to provide them with some sort of income," he said.

Many of YDC's students have been kicked out of the city's mainstream high schools, and never felt a sense of success or accomplishment in a school, Jerguson said. But there is something tangible and immediate about baking.

"If you give someone an experience that's authentic, they can see the direct cause-and-effect, and what they're doing," she said. "They gain a sense of self-worth through that."

Austin Marquez came to Stockton from Kansas after his grandmother, who he was living with, had her leg amputated following a bad accident. A 17-year-old in Grade 10, he has been in the bakery only a few weeks. But having a steady job is helping him to get going in the morning and make it to class.

"I like it," he said. "I work here, mostly Monday to Friday, every morning."

The sorts of life problems these baker-students face can't be resolved within school hours, Riffel said, but knowing they have someone to lean on can make all the difference.

"I see some of these students and they have no one," she said. "Some of the kids I teach, honestly, when they leave my building they have no bed to go to."

Riffel has begun studying for a master's degree in educational psychology and is planning to expand the school's food service program. A little TLC is that special ingredient that can put both lives and buses on the right track.

"I was committed and dedicated to breaking the abuse cycles, whether in myself or helping others do it," she said. "And I truly accomplished that goal, so it's exciting."



Austin Marquez turns the crinkles of the bread. With Laura Riffel's guidance, rollercoasters are built and confections are piped in the kitchen. MICHAEL PHOTOS BY MICHAEL PHOTOS



# IN THE CITY

#MAY 16, 2013 — 3:09 P.M.

## Getting some air



Jon Durr plays hoops from week to week in the sun at the Lions Skatepark. Durr has been skateboarding for nine years and tries to skate every day. He loves the community vibe at the park and enjoys the feeling of "being in the moment." Photo by MICHELLE REED

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon. Email [bridges@thestarphenix.com](mailto:bridges@thestarphenix.com)

## # MY FAVOURITE PLACE

## Pooh Corner a 'blank page for the imagination'

By Jenn Sharp

Pooh Corner in the downtown Princess Margaret Library is a special place filled with excitement for and games for children. However, it's not only for kids. An Sherran Brindley-Watson (on-scene director of the Potash Corp Children's Festival of Saskatchewan) explains, it's a place where new parents can learn the experience of literacy. It's also a place to teach newcomers and their children about how to use and benefit from the library. In this modern technological world, it may be surprising to learn that libraries are still not

event — more relevant than ever. In fact, Jackle from the world of global knowledge and information, libraries — and especially Pooh Corner — serve as places for people in the community to learn and grow together. As a result, it's not just a place to learn and understand one another, but a place to learn about the future of our city. And, as Brindley-Watson says, libraries do the best job of telling us who we are as a society.

**Q Why is Pooh Corner your favourite place in Saskatoon?**

**A Pooh Corner is like a love letter to early reader communities of all varieties in Saskatoon. For little tiny wonders who are just**

learning what a book is and for older kids who are maybe new to Canada, for learning communities in the primary divisions — it's a one of a kind place for us, a blank page for the imagination.

**Q What are some of your earliest memories of Pooh Corner?**

**A When I was in elementary school (my first year) was the first time I went to school — that was before I started over to the public library system. He was a loved librarian at the time, I think when I was there in the early '90s. I remember coming to Pooh Corner for the first time (I think it was with Mrs. Gander's Grade 2 class). I had never been to a library**



Sherran Brindley-Watson (on-scene director of the Potash Corp Children's Festival of Saskatchewan) has been visiting Pooh Corner at the Princess Margaret Library since Grade 2. BRIDGES PHOTO BY MICHELLE BIRCH

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I just fell in love with it the same way you fall in love with a purpose-built theatre or a really well designed gallery. It just felt so cozy and secure and comforting. — Shauna Bradford-Wilson

I had never been in a space like that before. I just fell in love with it the same way you fall in love with a purpose-built theatre or a really well designed gallery. It just felt so cozy and secure and comforting, and yet it was a blank page for the imagination. Was it had a fireplace — how cool is that?

**Q** What do you know about their current programming?

**A:** The librarians that work out of Pooh Corner, I think, are of the best in the world in terms of story interpretation for children and for families. Pooh Corner is a fantastic sanctuary for new parents who really haven't had a lot of experience with little kids and suddenly find one living right in their own home. It can be a great resource for learning as a parent how to help your child learn about books and why reading is important. That's something that not

everybody who becomes a parent knows. They still do those very early reader and new parent programming. They do great things that are tied to materials for all those school discussions (Picture Spots, public and Catholic). They're really great partners for the broader organizations who are working toward literacy. They also work with ERAC (Early Reading Action Council) and the Open Door Society to support their literacy programming. Sometimes they even have newcomer or family literacy nights where they have people from a specific area of town or agency that while community can come in and learn what a library does and why it's important. It's especially important for people from places in the world where a library is a foreign concept.

**Q** Why are libraries important?

**A:** Libraries really tell us the best

about who we are as a society. It's one of the ways we acknowledge the best in ourselves. All those old ideas, like sharing, borrowing and giving back, fairness, wonder, curiosity, trust — those are all the kinds of things we teach kindergarten kids. That is how you become a happy, productive, positive person in Canada. Those are the same-old values that a library is built upon. Even though libraries have been around for a long time, they're still a really radical idea.

**Q** Why do you think reading is important?

**A:** There's so much research out there that speaks to literacy as being one of the determinants of a person's emotional, mental, physical well-being and productivity in work and in life. Putting all of that to the side, reading is one of the few things we can do that lets us sit



Shauna Bradford-Wilson says Pooh Corner is like a "love letter to early reader community" in Saskatoon. PHOTO BY JESSICA HARRIS FOR THE STAR

quietly with ourselves and explore at our own pace those corners of our imagination that make us tick. We are such a plugged-in society now,

that for us to be able to sit and hold a book and just be still and enjoy those moments, are really rare. We need to treasure those.

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# CITY FACES

## #NURTURING TOUCH

# Helping families bond through touch

By Jenn Sharp

Raising children can be an adventure fraught with misunderstanding and confusion for new parents. However, adults and children can both benefit from a technique that helps with bonding and communication.

Laura Conc, a child development specialist at Shastanessa, teaches parents the art of infant and pediatric massage. She began working with children eight years ago in a daycare that included a young autistic girl.

"From there I just felt to love with working with kids with different needs," she says.

She got her certificate as an educational assistant from SBAF and was hired by the Ministry of Education as an early childhood consultant where she worked with young special needs children.

"I started a really big hole in programming for all kids with special needs. Programming slots for kids once they're into the school system."

She also noticed there was a demand for experienced and knowledgeable massage workers. She had always been using Nurturing Touch with special-needs children. The term Nurturing Touch is a holistic modal phrase it involves using touch as a healthy way to give the child what he or she is looking for. She sees the touch and massage techniques helped these children achieve balance.

"Sometimes they have different levels of sensory intake that they like. Some get disappointed easily so they need touch or different tactile stimulation to help level them out."

She later became a certified infant and pediatric massage teacher and a Nurturing Touch professional. Conc is quick to point out that she is not a massage therapist. She teaches families how to massage their baby or their child. If she's going into a home as a massage worker or child developmental professional, she can incorporate Nurturing Touch as part of the programming to help support that child.



Laura Conc (right) teaches Alison Fong how to give her eight-month-old son Emerson a massage. IMAGES PHOTO BY MICHELLE BERTO

She says everyone can benefit from learning the technique—from adoptive parents or families where breast feeding isn't possible, to same-sex couples.

"Anyone can do [Nurturing Touch] if they're taught in the right way. It's not regular touch. It needs to be done with the right purpose and intent and the child's welfare at heart," she explains.

It's not just for kids with special needs either. Conc says studies have shown it can help to stimulate growth, physical and cognitive development for every child. It can also help with colic, feeding, sleeping, visual and hearing development.

Alison Fong has learned Nur-

ting Touch from Conc. She now gives her eight-month-old son Emerson daily massages.

"He loves it. As soon as I ask him if he wants a massage he smiles."

She's done a lot of facial massage for him which she's found helps with feeding. It's also helped with his sleeping.

"The first time I [Conc] came over, we did a massage and he slept for an hour and a half that afternoon and he's not a really long sleeper."

Conc says the technique's main benefit is its ability to help with bonding and attachment. "The more 'feel good' increases that are released as a woman's body during breastfeeding [oxytocin] are also released during

massage. Children that have been in foster homes or those with medical and emotional issues also greatly benefit from this healthy attachment."

When you're massaging your child or infant, their oxytocin levels are rising and so are yours. It's good for bonding. It's good for postpartum depression and it's good for dad or someone that's not getting that intimate bond through breastfeeding.

"It was really great bonding experience," adds Fong.

Conc says the beauty of learning the technique is having the lowest edge to adapt it to children's unique needs as they grow. Massage can be adapted to help with growing pains as children get older to stress from

horrible changes and more. It's also something that will help the familial relationship for the long term.

"I love that it puts the power into the hands of the parent. This is something that helps parents to trust their instincts. It's also something they can do for their child, on their own."

As for Conc, her strength lies in her ability to connect with the people who may benefit the most from what she can teach.

One of the best stories she's heard was about a skeptical father. After seeing how much his baby loved his massage, he now takes the time to bond and massage his child every morning.

"That's heartwarming to me."



# INVENTORY

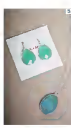
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NECKLACE \$144
3. ASSORTED WRAP  
"JAZZ PARTY"  
BRACELETS (from \$32  
to \$64)
4. ELEPHANT  
COSMETIC POUCH \$24  
Red (left): Berg & J. jewelry  
kit - \$45; Chelsea (left):  
wallet - \$64
5. SERENITY AQUA  
EARRINGS \$54. Seribed  
reversible pendant, rock-  
able - \$19

BRIDGES PHOTO:  
BY MICHELLE BERG



We're looking for  
**Volunteers**

The StarPhoenix  
**Bridge City Boogie 7**

Sunday, June 9, 2013

We need volunteers for:  
Thursday, June 6 • Saturday, June 8 • Sunday, June 9

All volunteers will receive a complimentary on-site dinner party and a Bridge City Boogie volunteer t-shirt. The t-shirt is a must-have for the event and is only available to those who volunteer. The dinner is a must-have for the event and is only available to those who volunteer.

==All registered Bridge City Boogie volunteers are eligible to win. There is one prize available to be won. Draw will be held on Monday, June 10, 2013. Approximate prize: \$200. For a complete list of available positions and to register, please visit [www.bridgecityboogie.ca](http://www.bridgecityboogie.ca)

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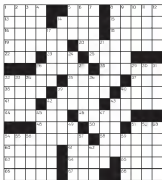
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## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 "This beer's not \_\_\_\_"  
 3 Figure in statistics  
 10a Remnant of Drake  
 14 Apple up  
 15 Institution housing  
 the coat of arms of  
 Denver, Colo. (6)  
 16 On between  
 18 Put pat?  
 19 Tulle  
 20 \_\_\_\_  
 22 Soft march, e.g.  
 23 Quick refreshment  
 25 African relative  
 28 Fridge order  
 30  
 32 (Joke of) "kayakist"  
 33 "\_\_\_\_ Longknecker"  
 37 Cards, e.g.  
 38 Medieval law  
 enforcement practice  
 39 Breathers  
 40  
 41 Group Initiative  
 42 \_\_\_\_ chamber life  
 43 Home of "The Nerd  
 Man"  
 44 Baseball instructor  
 45 Who to see the world?  
 46 Early 19th-century  
 poet



- 50 Devilfish's  
 \_\_\_\_ Gorge  
 51 \_\_\_\_  
 54 Cricket's output  
 56 Harassment from  
 above  
 60 Divide up  
 61 Shell on a cliff  
 62 Cook  
 64 On coast \_\_\_\_  
 65 Push  
 66 Caught on video  
 67 Long service (100+)  
 68 High speeds at which  
 the wind blows, going  
 up in this puzzle

## DOWN

- 1 Acceptor, as an enzyme

- 2 Look with the 1966  
 hit "Summer Swag"  
 3 One way to lose a  
 "man"  
 4 Not called "star wars"  
 character  
 5 Press before sale?  
 6 Group (plural) "the  
 Vets"  
 7 Any \_\_\_\_ Gorge  
 (longer an alternative  
 word) (6)  
 8 Partners in crime  
 9 "\_\_\_\_"  
 10 Swiss reflecting  
 Einstein's art of  
 11 William and Mary  
 official (3)  
 12 Turn state's evidence  
 14 Kind of colony

- 17 First part of a form to  
 fill out  
 20 Rhythmic  
 21 Holistic name for  
 New Guinea  
 22 Vector \_\_\_\_  
 23 Margaret Thatcher's  
 middle name  
 24 U.S. \_\_\_\_  
 (O'Hare) (4)  
 26 TV catch-up?  
 27 River of Rome  
 28 Impassioned's looks  
 29 Doctor to lodge  
 34 Actor who made  
 his film debut in  
 "Breathless" (1965)  
 36 Centuries, since  
 38 April Thresh's vector

PHOTO: JEFF HUNTER/GETTY IMAGES

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## # JANIRIO CLASSIC SUDOKU

### Level: Bronze

Fill in the blank cells  
 using numbers 1 to 9.  
 Each number can ap-  
 pear only once in each  
 row, column and 3x3  
 block. Like logic and  
 process of elimination  
 to solve the puzzle.

The difficulty level  
 ranges from easiest  
 (easiest) to Silver  
 to Gold (hardest)



Sudoku is the  
 crossword puzzle and  
 the Sudoku can be  
 found on Page 19

# FASHION

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## #SASKATCHEWAN FASHION

# Sara Armstrong: Sask. transplant inspired by music

By Ashley Martin

In Grade 7, Lynn Armstrong asked a classmate for her daughter's name with bangs plans. Sara Armstrong revealed that from TLC.

After later the girl asked a stunner: Kurt Cobain back with a hint of goth. Her mom had to take the Halloween make-up for two years because Armstrong refused to wear colour.

"I just wore the same black Club Monaco sweater and a plaid skirt and army boots," says Armstrong.

Music has always been a strong force behind her sense of style. Today the design plans her collections accordingly. In her recent showcase at Saskatchewan Fashion Week, she had a hypnotic sound with a consistent beat.

"I always start with what it sounds like and I create a mood around that."

Armstrong flew in for the weekend from Vancouver where she now lives. After completing a bachelor of fine arts degree at the University of Regina, Armstrong wanted to study fashion.

"If there had been a school in Saskatchewan or an opportunity to stay here and learn everything that I could and be the best at something, then I would have done that."

There was it. She moved from her hometown to study design at the Bane Macdonald Centre in 2010. Because she had concerns there, Armstrong opted to study on the west coast.

"I don't think that I always live away. It's definitely something when great events like [SFW] are happening, it's always great to come home and participate and share what I've learned and learn from others and be inspired."

Armstrong's day job provides her the opportunity to be inspired. She works in a fashion store design concept store, "the lab," where she does art installations, graphics, photo shoots and works with designers.

"It's nice to be learning from such a big company because that's cool... take what they're doing on such a huge level and use it on my small level."

Armstrong tends to wear her designs more often than not, and is careful with her own wardrobe. "I don't think it's a big deal the way you get dressed in the morning. Sometimes I leave my house and I'm like, 'What the heck am I doing?' This looks okay, but then I'm like, 'I like home in a suit and then I'll change,'" she says.

"It's only a few hours that you're wearing that outfit, so it's just a day—wear stripes, wear plaid, wear everything together. It's all about confidence."



Sara Armstrong poses near the City Square Plaza, where Saskatchewan Fashion Week was held in Regina, on PHOTO BY ANNE, 2011.

- 1. TQQUE:** "I wear toques every day, literally."
- 2. HAIR:** "I died it myself with vegetable dye. I came home and my stylist, who I have gone to since I was 14, kind of fixed it. It's Joe Quercio from Runway."
- 3. SUNGLASSES:** From a thrift store.
- 4. EARRINGS:** Topshop.
- 5. JACKET:** Her own design made in a U of R costume class and inspired by Michael Jackson.
- 6. BRACELETS:** Her dad's high school ID bracelet ("It says Kevin and it says Class of '77 on the back. I and a bearded friend made bracelets for him and his family for Christmas.") ("Comedian and actor together mean unity.")
- 7. TATTOO:** One of 15 she has among them is a snake made and her family's coat of arms. "This is my newest piece and it's a poem and it's really dedicated to my life work... my handiwork, everything I put pride on my work because without these suckers I'd be unemployed."
- 8. BAG:** American Apparel. "It works with brown, black, grey, it's a versatile neutral colour."
- 9. SKIRT:** Her own design. "It's really into canvas that I used kind of utilitarian feel. I love the mask, the skirt, the pencil skirt that's below the knee. It always looks really sharp with a more boho."
- 10. BOOTS:** Urban Outfitters. "My mom told me not to wear these socks and I did anyway. It's kind of a more relaxed feel... There are some weird socks or some thing and you've got daytime."





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# REGINA RAPPER

## Smith animated in hip-hop debut

By Ashley Martin

The *Cinderella* theme song is probably not the first thing you'd expect to hear as a hip-hop mixtape, but it fits well in Phil Smith's rap, *Wish*.

"A dream is a wish your heart makes" opens the song, which name-drops 30 comic library characters.

"What I like about it is it's relatable, almost all of us growing up watched Disney movies," said the 26-year-old Regina rapper. "So if I make a joke about Goofy, you would know who that is from Disney and the Disney."

Between watching Disney films — The Lion King was his favourite, but doesn't make the lyrical cut — Smith had lessons in rhyme from growing up in a musical family.

His dad had a gospel career in Niagara, which gave him insight into songwriting. He started freestyling in high school, but that fell by the way side once he moved to Regina and started playing in bands.

A former drummer in a rock band the Fortunate Ones, Smith picked up rapping again last fall and hasn't stopped since.

His debut mixtape presents a strong R&B influence (Kanye was his favourite growing up) and some comedic elements due to his standup comedy background, mixed with lyrics from the likes of Prince, Dr. Dre and DJ Premier. He's open to sampling anything from any where, a likely byproduct of growing up in his hometown.

"We can listen to south sea jazz, New York music, L.A. rap, and not have to be plagued with any of them per se and in a way cherry-pick our favourite parts," said Smith. "Coming out of northern, which is re-

ally what rapping from the northwest is, is an advantage because you can borrow from everything; you're free to like everything just based on your taste."

Though his taste may be broad, his control is pretty focused. He's trying to represent Regina in his lyrics.

"I'll mention Upside on a track, I talk about living in the south end," O'Brien is, that kind of what," said Smith. "I try to keep it very much what I've lived through."

He avoids "pseudo-gangster posturing" because it's not who he is in his life.

"The real saying something like 'I'll show you if you're in my club or whatever because it's not true at all. I wouldn't show anybody. I don't have guns. But I do drink a lot. I do live in Regina. I can talk about these things and I feel like it's more real.'"

Aside from writing what he knows, representing his city is important on another level. He feels that in trying to appeal to a mass audience, some other local artists are missing the mark. "I'm playing shows in Regina so I might as well be making music for Regina."

The freedom in writing about whatever he wants is some thing Smith missed while playing in bands.

"It's hard to quit your first dream when you have three other creative minds working with you because everyone has an idea," he said. "I pick my own beats, I choose my own words, it's just more conducive to what I want to do."

Smith's own genre plan includes creating an original album, collaborating with local beatmakers and working on more mixtapes. You can catch him May 26, 8 p.m., at the 2nd Ed. Dodge in Regina.



Rapper Phil Smith's debut mixtape presents a strong R&B influence and comedic elements. BRIDGES PHOTO BY AMY SCHLOSSER

# WINE WORLD

#PFAFFENHEIM STEINERT GRAND CRU

## Reassuring words for a wine lover

By James Romanow

There are few words as reassuring to a wine lover as the phrase "Grand Cru." Cru is French for growth and Grand Cru indicates something that is a perfect growth. In the French system, the title is allocated according to the land. The French believe that terroir, a very specific parcel of land, comes with a very specific set of properties.

While the notion of terroir has a whiff of old-fashioned, if you spend any time talking to farmers about their land, they all know about that quarter section down the road that yields number one wheat, everybody else gets foodstock.

Regardless of origin, the title Grand Cru is not awarded lightly. Although I have had a few that I felt were overpriced, I have never had a Grand Cru I thought anything less than excellent wine.

The wine in question in this case is that grape that seems to get many people off their chairs: Pinot Noir. It's from the currently as local region, the Alsace. There are any number of reasons to drink Alsace wine, not least of which is when out of flower, the prices tend to be lower. If you were to drink a Charles Grand Cru slightly out of season, the bottle starts running around \$15. Depending on the vintage, it's in the \$18 to \$20 range. It's a very nice wine and comes at about \$1.00 per 200C.



Pinot Noir wines are first rate. There's not a Grand Cru is absolutely stunning a glass to another over an entire evening. The color is a gorgeous gold. The nose has some serious (and welcome) aromas and bouquet of honey, almond, in some cases, notes of orange, with a whiff of fruit (it can collect). The palate is medium bodied, has a great mid-tongue taste with fresh acidity and a lovely, long finish.

Pfaffenheim Steinert Grand Cru  
Gewurztraminer, Alsace, France 2009 200

More wines to Monday's Bar/Beats or @idreams on Twitter

## Crossword/Sudoku answers

ATON	COL	HODGES
DRAG	POME	AMATI
MIDDLEMAN	FELON	
INVAIN	ROFILING	
TID	NAP	SLOS
SLAM	ASIME	
ERINA	PIPP	ORR
RACE	UGILS	OWER
IRE	CLABA	PRADO
NATION	AVARS	
REIGN	BARANS	
MCHANIC	TOPLIT	
ALAN	ROCKLEDGE	
KLIVE	ARIA	TOUT
TAPED	LEG	ALPS

4	7	9	1	3	8	2	5	6
3	1	5	6	2	9	8	4	7
6	2	8	7	4	5	9	3	1
5	3	4	2	8	6	1	7	9
1	8	6	9	7	3	5	2	4
2	9	7	5	1	4	6	8	3
8	4	1	3	9	2	7	6	5
7	6	3	8	5	1	4	9	2
9	5	2	4	6	7	3	1	8

## PotashCorp's 3rd Annual Lemonade Day Saskatchewan, is June 2nd 2013!

This fun, FREE event for children from kindergarten to grade 8 is a fresh new way to get kids thinking about entrepreneurship. Learn all there is to know about running your own business by picking up a FREE lemonade day starter backpack THIS weekend!

Pick up your backpack here: **Saturday, May 25th 10 am - 2 pm / Sunday, May 26th 10 am - 2 pm** @ 33rd Street Co-op, 33rd Street Co-op and Steeplebridge Co-op

Learn more at [saskatchewan.lemonadeday.org](http://saskatchewan.lemonadeday.org) or check us out on Facebook <https://www.facebook.com/LemonadeDaySaskatchewan>

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Saskatchewan  
June 2nd, 2013



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## EVENTS

## # MUSIC

Thursday, May 23

**Brian McCloskey**  
Crawlers Restaurant and  
Lounge  
46-227 Finch Ave. E.

**Apollo Crut**  
Buds on Broadway,  
817 Broadway Ave.

Friday, May 24

**Maro Fridays w/ Dave**  
**Borjdy**  
Koots Jambic Aleis Nor-  
mard  
The Basement,  
53-202 Fourth Ave. N.

**Jeff Jeff**  
Buds on Broadway,  
817 Broadway Ave.

**The Midnight Roses w/**  
**Amya Tremble**  
The Definers,  
559 Dufferin Ave.

**Stetson**  
Army & Navy Veterans Club,  
359 First Ave. N.

**Forever Young**  
Toss Town Tavern,  
1030 Neilgton Dr.

**Lisa Ochi**  
Fairfield Seniors' Centre,  
123 Fairmont Cres.

**Doug Brown/Chris Tite**  
McMully Robinson,  
3308 First Ave. S.

**Young Reminders w/ Indigo**  
**Joseph**  
Anigias Centre,  
532 10th St. E.

**Apollo Crut**  
Lyn's Pub,  
555 Broadway Ave.

**Big Bang Baby, Stone Temple**  
Pia's Tribeca Band  
Rock The Bellows,  
5349 Broadway Ave.

**Jensens**  
Starts Place,  
105-102 Ruth St. E.

**Freddie & The Asmen**  
Peggy's Pub & Grill,  
1403A Highway 28 N.

Saturday, May 25

**Reddy Night in Canada Par-**  
**fest** Cabaret w/ Honeyman  
Suite  
New Holland Training Centre,  
230 Marquis Dr.

**John Harmon Quartet w/**  
**The Basement Big Band and**  
**The Saskatoon Community**  
**Jazz Band**  
The Basement,  
53-202 Fourth Ave. N.

**Jeff Jeff**  
Buds on Broadway,  
817 Broadway Ave.

**Drifwood**  
Victoria English,  
3023 Lincoln St.

**Stetson**  
Army & Navy Veterans Club,  
359 First Ave. N.

**The Dave Nelson Tite**  
Musical Robinson,  
3308 First St. E.

**Fabulous w/ Pasha T**  
The Dorian Events Centre,  
241 Second Ave. S.

**The Brinks**  
Anigias Centre,  
532 10th St. E.

**Caught in a Dream, Alisa**  
**Cooper Tribeca Band**  
Rock The Bellows,  
5349 Broadway Ave.

**Jensens**  
Starts Place,  
105-102 Ruth St. E.

**Freddie & The Asmen**  
Peggy's Pub & Grill,  
1403A Highway 28 N.



The Saskatoon Woodworkers' Guild's Mixed 21 show at the Galleria Building in downtown Saskatoon runs from Saturday until June 2. **FILE PHOTO**

Sunday, May 26

**Drifwood**  
Victoria English,  
3023 Lincoln St.

**Bliss Jam**  
Vanguard Tavern,  
801 Broadway Ave.

**Twilight It's Poetry**  
Lyn's Pub,  
555 Broadway Ave.

Monday, May 27

**Puzzler on the Park Electrify-**  
**ing Hillbilly Punk'n Roll**  
Buds on Broadway,  
817 Broadway Ave.

**The Brinks**  
Anigias Centre,  
532 10th St. E.

**Puzzler on the Park Electrify-**  
**ing Hillbilly Punk'n Roll**  
Buds on Broadway,  
817 Broadway Ave.

**Open Mic**  
Lyn's Pub,  
555 Broadway Ave.

Wednesday, May 29

**Puzzler on the Park Electrify-**  
**ing Hillbilly Punk'n Roll**

tion will be held May 30 at 7  
p.m. Surface Factor, by Sask  
Tours Group, runs June 3-6



Untitled by Jordan Darchula is on display at the Vain Gallery.

**Vain Gallery**  
Until June 2 at 2-400 Eighth  
St. E. Fair and Square, works  
by Ink Sals Printmakers. A  
reception will be held May 24,  
from 7 p.m. to 9 p.m.

**AKA Gallery**  
Until May 31 at 434 20th St.  
W. Into the Woods, by Tanya  
Sutal. Oil paintings and works  
on Mylar in mixed media.

**SCVAP Gallery**  
Until May 24 at 250 Third  
Ave. S. A coffee-line group  
high school art show, ROC-  
CYCLE 12: An introduction to  
the Mediums by Eli Peltok  
opens May 27 and runs to  
June 14. It is the first in a  
three-part series of Peltok's  
works. A reception will be  
held May 30 from 6 p.m. to  
9 p.m.

**Blackstone Art Studio Tour**  
May 25, 9 a.m. to 5 p.m., and  
May 26, 12 p.m. to 5 p.m.,  
in and around Dundurn and  
Shields. A free, self-guided  
tour of art and craft shops  
is and around the Dundurn  
and Shields area. Featuring  
metal sculptures and fused,  
glass, paintings, photography,  
quilting and recycled art  
projects by more than 20  
artists. Follow the wagon  
trail signs.

**Open Mic**  
Rock the Bottom,  
434 E. Broadway Ave.

**Johnny Broadway Record**  
**Club**  
Vanguard Tavern,  
801 Broadway Ave.

**Souled Out**  
Lyn's Pub,  
555 Broadway Ave.

## # ART

**Wood '13**  
May 29 to June 1, 11 a.m. to 8  
p.m., and June 2, 11 a.m. to 4  
p.m., at the Galleria Build-  
ing at Saskatoon's Woodworkers'  
Guild's 35th annual show.  
Works by adult members and  
local high school students.  
Visit [www.skwedz.org](http://www.skwedz.org).

**Mixed Art Gallery**  
At 950 Spadina Cres. E. The  
annual Mixed Art exhibition,  
featuring art by Saskatoon  
students, concludes May 28.  
All the other spring exhibitions  
remain on view until June 2.

**Knew You Here! Portrait**  
Mixed uses is an exhibition of  
tiny portraits from the late  
18th to early 20th centuries.  
Multi-media works by Toronto  
artist Jason Siep are fea-  
tured in featuring. The House  
Show features works from the  
permanent collection relating  
to home. Artists by Artists  
presents photographs by  
Barbara Bremer. SCVAP News,  
an exhibition from Saska-  
toon Community Youth Arts  
Programming Inc., continues  
until May 28 in the Mixed  
auditorium. The Gallery is  
participating in the Nature  
City Festival May 29-30. On  
May 26 at 2 p.m., there will  
be readings featuring environ-  
mentalist Stan Reiss, and  
outdoor storytelling from 2 to 6  
p.m. Visit [www.skwedz.org](http://www.skwedz.org).

**Gordon Snowflake Gallery**  
Until May 23 at 191 Murray  
Building, 11 of 3. Also in Herby  
Ellen Miller. A reception will  
be held May 23 from 7 p.m. to  
9 p.m. in dreamland and disor-  
der.

**Gordon Snowflake Gallery**  
Until May 23 at 191 Murray  
Building, 11 of 3. Also in Herby  
Ellen Miller. A reception will  
be held May 23 from 7 p.m. to  
9 p.m. in dreamland and disor-  
der.



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ALSO SEE: [www.thestarphoenix.com](http://www.thestarphoenix.com)

#### Garage Sale/BBQ Fund-raiser

May 25, 10 a.m. to 4 p.m. at the Downstream Lagoon, 600 Spaulding Ave. W. hosted by The Royal Canadian Legion. Donations are welcome. For information call 364-2580 or 364-7575.

#### Second Annual Lajaville Music Festival

May 25, 11 a.m. to 9 p.m., at the Lajaville Community Centre. A fundraising event dedicated to assisting those seeking rehabilitation and who are faced with financial obstacles. Featuring Tim Jackson, Brad Johnson and Sons, The Rusty Azzurs, Joel Infante, Cash Back, Ylvis and the City Dads. The group and Austin Wynn with local food vendors, an outdoor market, an art sale and exhibit, a live auction and spa services provided by Sunrise Wellness Spa.

#### Plant Sale and Fundraiser

May 25, 9 a.m. to 2 p.m., at 18 and 22 Church St. Hosted by the Saskatoon Horticultural Society. Donations or pick up now once Gardening Magazine will be available. For information call 476-4522.

#### SCAT Bike Sale Fundraiser

May 25, 9 a.m. to 3 p.m., at Lawson Heights Mall, next to Smith's. All proceeds go towards the care of rescued cats in the SCAT Shelter cat rescue program.

#### Saxophone and Piano Concert

May 25, 6 p.m. to 7 p.m., at Yamaha Piano Centre, 1311 Broadway Ave. Featuring saxophoneist Kristopher Houlika and pianist Denise Nicholson. With works by Glazounov, Maurice, Cretan and J.S. Bach. Bring an unaccompanied food item for the Saskatoon Food Bank.



More than 2,000 people are expected to participate in the Saskatoon Marathon on May 25. PHIL HAYES

#### Hawaiian Night

May 25, 6:30 p.m., at Nations Legion, 2001 Louis St. Entertainment by Driftwood One and dance in relaxed holiday apparel. A lecture fundraiser.

#### Saskatoon Brass Band Concert

May 25, 7 p.m., at Lajaville Theatre. Movie and live music theme music. Featuring themes from E.T., Superman, Mission Impossible, Hawaii Five-O, James Bond and Pulp Fiction. On The Stage.

#### Bring a Book

May 25, 7:30 p.m., at Broadway Theatre. Edith's Spring concert. Featuring Reginald Kesteven, Robyn Lee with a work of Shreem and Gerfunkel, Billy Joel, Gordon Lightfoot, a 4-song and Saskatoon's own live in Lajaville.

#### Forestry Farm 100th Anniversary Party

May 26, 12 p.m. to 5 p.m., at the Saskatoon Forestry Farm Park & Zoo. Take a step back in time with the Forestry Farm Centennial Celebration to celebrate the 100th

anniversary of the Sutherland Forest Nursery Station. Featuring a commemorative winning, cake walk, wagon rides, old-fashioned games and contests, an antique and handicraft marketplace, folkloric pageant and historical demonstrations.

#### Little Feat 2013

May 26, 12 p.m. to 5 p.m., at the Farmers' Market. A little taste of Latin culture with food, folk, music and dance.

#### Pin Up Hair Workshop

May 26, 1 p.m. to 4 p.m., at Five Five Gink Construction, 224 25th St. W. With instructor Irene Summers from Haircraft (aka Pinup Hair). Party from the Saskatoon Barbecue Club. Learn the basics of pin-up hairstyle or create an occasion including victory rolls, pin curls and hair buns. Participants must register in advance and must bring their own hair supplies. Meet fivefivefivegink@hotmail.com to register. All proceeds from this workshop go to the Free Flow Dance Theatre Company.

#### A Timeless Treasure of Saskatchewan Theatre

May 26, 3 p.m., at Broadway Theatre. The Chordans present their 40th anniversary spring show. Featuring Broadway, a quartet from Calgary with a Sweet Adelines quartet from Prince Albert, a youth quartet and an octet. A variety of belcanto songs and chorales.

#### Strawberry Social

May 26, 7 p.m., at Masonic River Community Church, 930 Northumberland Ave. With entertainment by Cash Back. Call 382-6400 for tickets.

#### How To Ever Ever Laundry?

May 26 to June 2, 1:30 p.m. and June 2 at 2 p.m., at Third Avenue Centre. Presented by Sky Sterling Production. The pastoral performances of Saint Peter's Angel Band. With the music of Peter Dinklage, Ben Heavis, Julius Cash, Conway Twitty and Loretta Lynn.

## THEATRE

#### The Pilgrims & The Pee

Until May 26, at The Refinery. Wide Open Theatre's final show of the season. Pigeon-poked with thunderbolts, a kingdom of miscreants, and one tiny pee. Find out how one pee can rule the world.

## SPORTS

#### Street Legal Racing

May 26, 9:30 p.m., at Saskatoon International Raceway. Street racing in a safe and legal environment.

#### SUM Season Opener

May 25, 2 p.m. to 6 p.m., at Auto Cleaning Motor Speedway. Divisions competing include supercars, models, mini trucks and go karts.

Saskatoon's Marathon May 26, 7 a.m., starting at Pineland Park. Hosted by the Saskatoon Road Runners Association. Races are a 10K, a half marathon and a full marathon along the river. Visit [www.saskatoonrunners.ca](http://www.saskatoonrunners.ca).



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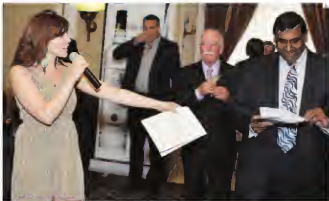
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# ON THE SCENE

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## # HABITAT FOR HUMANITY SASKATOON GALA



The evening Action Ballroom at the Delta Resort-Saskatoon hosted 200 people, including Habitat for Humanity on May 18. The 4th annual event raised over \$35,000 for the Saskatoon branch of the international, non-profit organization. The night included the city's first Toronto Reel: Habitat for Humanity volunteers and community partners to build affordable housing and promote home ownership as a means to breaking the cycle of poverty. Over 500 hours of "sweat equity" are required from families purchasing a Habitat home.



1. Heather Morrison co-emcees
2. Don Adcock
3. Raquelita Dixon, Rubie Hancock and their daughter Stella
4. Kaitie McGee and Spencer Schaffer
5. Benjamin Turnbull reflects upon
6. Lou Dodson
7. Chelsea Woodhouse and Elissa Brocasian
8. Dan Fingerson-Holmes, Danielle Kennepe and Debbie Amvach
9. Adèle Laper and Andrew Roth
10. Tracy and Dustin Shaw
11. Clayton Kropf and Tom Ross
12. Kait Williams and Tiana Lee

BRIDGES PHOTOS BY MICHELLE BERG



# ON THE SCENE

# HABITAT FOR HUMANITY ANNUAL TOMBOLA GALA DINNER



# GARDENING

## # LAWN MAINTENANCE PART II

### Mowing and fertilizer tips for a healthier lawn

By Sara Williams

We mow our lawn because it is more comfortable to sit and play on than if left to grow to its tallest potential. Visually, we're looking for a short grass sward rather than a haystack or a wasteland.

Mowing the lawn makes it thicker because mowing removes hormones in the expanding leaf that would otherwise inhibit side shoots from forming. On the other hand, short grass blades have a smaller area capable of photosynthesizing and producing food for the plant.

If leaf manufacture is limited, the root system will be reduced. As mowing height is lowered, the root mass becomes smaller. A small root system limits the plant's ability to take up water and soil nutrients, making it more vulnerable to stressors.

Taller grass shades and cools the soil surface, reducing moisture loss caused by evaporation. Grass height coupled with increased density reduces weed seed germination, conserving still more water. Grass grown to the shade will especially benefit from a higher cut.

To explore the benefits of a mowed lawn while preserving the strengths of taller grass, mow at 11 cm (4 1/2 in.) at 2 cm (3/4 in.) tall. Keep the mower blades sharp. Dull blades produce a ragged cut, increasing the soil surface area of the leaf and associated moisture loss. Change the mowing pattern regularly to reduce wear patterns.

Over-fertilizer leads to a thin lawn and more weeds. Fertilizer over-use, however, may lead to excessive growth. Fertilizer "burn" and the leaching of nutrients. This can cause toxic groundwater.

Heavy nitrogen applications often shade shoot growth at the expense of the root system, leaving the root system less able to supply water and dissolved nutrients to support top growth. Grass is then more vulnerable to heat and drought stress and accompanying wilt. Lawns grasses grown with deep but less frequent irrigation and lower nitrogen levels



Getting your lawn in the best of health is the necessary part of summer maintenance. PHOTO COURTESY SEAN HOBSON

are less prone to wilting.

Each mowing removes nutrients. Returning clippings to the lawn, as with a mulching mower, recycles nutrients and reduces nitrogen inputs.

Regardless of whether you use a synthetic or organic fertilizer, a general recommendation is to apply three to four pounds of nitrogen/1,000 sq. ft. per year for a high maintenance lawn and only half that for a low maintenance. Apply a third of the annual recommendation at each of three applications: spring, midsummer and late summer/early

fall. Water well to dissolve the fertilizer so it reaches the root system and dilutes it sufficiently to avoid "burning" the lawn.

To calculate the amount of fertilizer required for your lawn per year — measure the total area in square feet, divide by 1,000.

— multiply by three (or six or nine) to find the low (or medium or high) maintenance level.

— divide by the per cent nitrogen of the fertilizer you're using (the first number on the fertilizer label divided by 100; e.g. 9-11, so it is 11—4—0).

Remember to divide by three to arrive at the amount to apply at any one time.

Sara Williams is the author of *The revised and updated Creating the Prairie Provenance*, Calico Books, February 2013.

This column is provided courtesy of the Sustainable Perennial Society. ([www.sustainableperennial.org](http://www.sustainableperennial.org), email [hobsonsean@yahoo.com](mailto:hobsonsean@yahoo.com)).

#### UPCOMING EVENTS:

May 25, 8 a.m. — noon: Learn (by Doing) Whatever: eligible experi-

enced gardeners to help maintain two premier public gardens.

May 26, noon — 3 p.m.: Celebrate 100 Years of the Sutherland Forest Nursery.

May 26: 4:30 p.m. — 9 p.m.: Spring Plant Exchange. A Sutherland Forest Nursery Society member event, but nonmembers can be purchased at the door.

All three events will be held at the Sutherland Forestry Farm Park and Zoo. Contact Bernice at 360-568-7100 or [bernice@sustainableperennial.org](mailto:bernice@sustainableperennial.org) for more details.

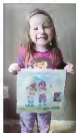
# OUTSIDE THE LINES



## # Colouring contest

Each week, Stephanie McKeay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [tridupa@shaw.ca](mailto:tridupa@shaw.ca). One winner will be chosen each week.



Last week's contest winner is Leah Longo. Thanks to everyone who submitted entries.



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# SHARP EATS

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## # COFFEE SHOPS

### Independent shops blossom in province

By Jenn Sharp

If there's one thing that defines many Saskatooners, it's a shared love for coffee.

Tim Hortons can now be found in most neighbourhoods on both Saskatoon and Regina. Regina has 30 locations, Saskatoon 26. Worman, a bedroom community north of Saskatoon, even has a Tim Hortons, as does White City east of Regina.

Tim always been around at the base of cars that snake through the parking lot and down the street while people wait for their morning cuppa. Wouldn't it be easier to buy the beans and make your own Timmy's at home? I didn't drink coffee but I've told it doesn't taste the same without the paper cup and full lid cream.

Despite the overwhelming popularity Tim's franchises enjoy independently owned and operated coffee shops are popping up like croissants in the springtime in both cities. And just as Tim Hortons has discovered, it's advantageous from a business perspective to sell more than just coffee and baked goods.

It Lish by Josh opened in Saskatoon earlier this year at 1068 14th St. E. in a spot also called The Peninsula Street Triangle. Formerly known as the Pacific Gallery Fine Art Cafe, the space is absolutely gorgeous. The atmosphere of a coffee shop is almost as important as the coffee itself. Welcoming and cozy it opens up into a sky-high sitting room flanked by large windows. Local art, that's available for purchase, fills the walls.

Homemade muffins, cinnamon buns and cakes line the front counter, while a bright child-sized menu lists the specials and daily soup. It's a small but creative breakfast and lunch menu and is reasonably priced. A unique choice is the Bacon & Biscuits, a tartlet wrap with scrambled eggs, beans, red peppers, cheese, onion cream and pico de gallo (salsa).

The coffee here is Kicking Horse,



A perfect way to end a stroll along the South Saskatchewan river at London Pkg and over chocolate at d'Lish by Josh Cafe in Saskatoon. BRIDGES PHOTO BY MICHELLE BOND

an organic Pike Trade product owned by a company in Vermont. B-G The cheese cake is homemade and richly delicious, as I discovered on a recent visit.

Brewed Awakening at 3114 Woodburn Dr. in Regina is another great little spot that fills up quickly over the noon hour. The decor is decidedly more modern and a bit sterile here when compared to d'Lish but a central fireplace and comfy chairs still make it inviting. It is located on a new strip mall on the east side of the city, so it's hard to gauge its character and observe d'Lish's building efforts.

For a coffee shop, Brewed Awakening offers a big menu of food and drink options. Along with wraps, salads, homemade cakes and baking

(the pulled wheat cake is legendary), there's also an extensive gluten-free menu. The specialty coffee menu more like a dessert menu with items like the White Chocolate Brownie and a Fresh Mocha Latte.

What's unique about this shop though is the amount it's branched out into other offerings. If you're in the mood to buy a trumpet or jewelry from an artisan in Asia, you've come to the right place for an afternoon coffee.

And how was the coffee you asked? Sorry, I don't know, but I can tell you the Chai Latte was terrific with the perfect amount of sweetness and balance. The service at both shops was delightful enough to have me coming back and avoiding the lines in the Tim Hortons drive thru.



Lunch at Brewed Awakening is a flavorful experience. Pictured here are Chicken Fresh Bolls and Spicy Buffalo-Chicken Soup. MICHELLE PHOTO BY JENN SHARP

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

#SHANEWOLFFE

## How to Future Proof Your Home

I grew up in a regular middle class home in Prince Albert that was built in 1970 and purchased one year later by my parents. As a child, I was often sick with respiratory problems. Since then, I learned that one of the reasons I spent a good part of my life sick was because corners were cut during the building of my parents' home. My bedroom wasn't well insulated and this not only caused the room to be colder than necessary but it led to mould risk costly repairs.

Thirty years later as a professional engineer who works with green buildings, I know that those types of problems not only cause problems for

human health, but they greatly affect the comfort and energy efficiency of buildings. I do not want to see such things happen to other people during this time of massive growth in our province.

While many may see this book as an opportunity to make it, it can also be an opportunity to shape the economic health and well-being of our population in the present and for future generations. As we grow so rapidly, we have the potential to literally build ourselves out of the energy hole that we have created. Alternatively we can continue to dig ourselves deeper into that hole, creating further problems on increasingly

expensive and renewable resources.

The fact is that even though Saskatchewan has one of the healthiest climates in the world, if you understand the principles of energy efficiency you can build (or even renovate) a home to use up to 10 per cent less energy and it doesn't have to be expensive, nor difficult. Even more surprising is that these principles were pioneered in Saskatchewan in the late 1970s, yet they are still not widely practiced here. This combined with a current lack of an energy code, our extreme climate, our dispersed population and our extensive industry are the reasons that Saskatchewan has the highest carbon footprint per capita in Canada, and hence one of the highest in the world.

CLIMATE TO BUILDING WITH ENERGY EFFICIENCY BY SHANE WOLFFE • Pgs. 1

HOW TO

**FUTURE PROOF**

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## # ASK ELLIE

## Friends may not like the 'drama' of messy breakup

**Q** I broke up with my first love after dating him for two years. It was really messy. I had ended a lot of friendships with those people who had problems with him and ended up having huge distrust about him being with different girls.

He's a charmer, whereas I have a strong, no-nonsense personality. Even though the breakup was his fault, all of his friends stopped talking to me. It's because he's always saying what we got, just contradicting himself by having things.

I have become anti-social, sitting at home depressed, hating people who used to be my friends here and we sat, but they still talk to him.

I broke up with him because he doesn't know how to be loyal and I feel heartbroken that his friends show him loyalty, but none of my friends are supporting me. How can I get over this guilt?

**A** Too much re-bulking of who did what to whom, and expecting friends to stay connected to your

## Ask Ellie



and all intimacy I've tried everything, including talking about her affair 40 years ago.

We're approaching our 40th wedding anniversary and I don't know what is happening in our marriage. I'm becoming desperate. I'm in contact with a woman I knew many years ago, and feeling guilty about it.

**A** Long married couples in two many years can still carry terms of intimacy at whatever level works for them. But your making up of her long ago affair suggests you either never got over it, or you believe it's still affecting her.

Moreover, your mention of contact with another woman is a common threat that some people raise in these situations — but it's a tactic that often fails.

Stay with the immediate problem, which is your wife trying to tell you something and you're not finding out what it is. Lubed love? Health scare? Mood change? Anger?

If it's intimacy you want, you need

to show love and concern about what's motivating her. Perhaps she's afraid to tell you, or doesn't know herself why she's feeling this way. Suggest a medical checkup to make sure there's no health problem at issue.

And talk to her about sharing those next years in a loving way.

**Q** My brother-in-law loans my son her car but a temper. Recently they argued and he shipped her in front of us.

I'd raised my sister after our parents died. Though he later apologized to us both, when I see him, anger explodes within me. I control myself because I don't want to interfere in her married life. But I feel like making him understand how it feels to get threatened.

**A** Interfere, in a rational way. Tell him, privately that if he has her again, you'll report his abuse to police. Inevitably, he has marriage talks — that he get anger management counseling.

**Q** Since selling an executor of my mother's estate, a huge amount of backstabbing, gossip, and fighting has ensued.

I'm the oldest of six, opposed by my parents years ago. After the final estate distribution was received from the lawyers, the media news (for some siblings) was the amount of executor's fees. I'd receive plus the amount of the legal bill, which did seem excessive. I'm being blamed for accepting these fees.

**A** Legacy money often divides family trust, especially if anyone inherits more. Thus anyone designated "executor" is well needs to be alert to potential perceived unfairness. If/when to be transparent throughout the process and let others involved know the amount of fees taken, and the normal rates for that effort.

Legacy fees should be discussed ahead of time if they're in accord with the norm. If unreasonably high, a complaint can be made to the Law Society for your area.



# Next week in BRIDGES

Bev Brenna is one of a number of young adult literature writers that make Saskatoon their home

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